

# Crediting Yogurt in the Child and Adult Care Food Program

This guidance applies to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP). For information on the CACFP meal patterns for children and crediting foods, visit the Connecticut State Department of Education's (CSDE) [Meal Patterns for CACFP Child Care Programs](#) and [Crediting Foods in CACFP Child Care Programs](#) webpages. For information on the CACFP adult meal patterns and crediting foods, visit the CSDE's [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages.



Yogurt and soy yogurt must comply with the USDA's sugar limit (see "[Sugar Limit for Yogurt](#)") to credit as the meat/meat alternates component in the CACFP meal patterns. Yogurt includes plain yogurt, flavored yogurt, and yogurt with added fruit, either blended or on the bottom. Yogurt must meet the Food and Drug Administration's (FDA) standard of identity for yogurt ([21 CFR 131.200](#)), low-fat yogurt ([21 CFR 131.203](#)), or nonfat yogurt ([21 CFR 131.206](#)).



## Serving Size

The required serving for yogurt is based on volume (cups) or weight (ounces) and is the same for all types, flavors, and fat contents. A ½-cup serving (volume) or 4 ounces (weight) credits as 1 ounce of the meat/meat alternates component in the CACFP meal patterns. Table 1 shows the meat/meat alternates crediting information for different serving sizes of yogurt.

Table 1. Meal pattern contribution of yogurt	
Serving size	Meat/meat alternates
1/8 cup (1 ounce)	1/4 ounce (minimum creditable amount)
1/4 cup (2 ounces)	1/2 ounce
<b>1/2 cup (4 ounces)</b>	<b>1 ounce</b>
3/4 cup (6 ounces)	1 1/2 ounces
1 cup (8 ounces)	2 ounces

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## Sugar Limit for Yogurt

Yogurt and soy yogurt served in CACFP meals and snacks cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). Menu planners can use the Nutrition Facts panel to determine if yogurt meets the limit for sugars.

Table 2 shows how to calculate if a yogurt product meets the sugar limit, using the sample Nutrition Facts panel on the right. This yogurt contains 2.45 grams of sugars per ounce, which complies with the sugar limit for yogurt in CACFP meals and snacks.

For more information, refer to the handouts, training slides, and webinars in English and Spanish on the USDA's webpages, [Calculating Sugar Limits for Yogurt in the CACFP](#) and [Choose Yogurts that are Lower in Sugar](#).

Nutrition Facts	
Serving Size 5.3 oz. container (113 g)	
Servings Per Container about 1	
Amount Per Serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 40 mg	<b>2%</b>
<b>Potassium</b> 190 mg	<b>6%</b>
<b>Total Carbohydrates</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Sugars</b> 13g	
Including 0g Added Sugars	
<b>Protein</b> 13 g	<b>26%</b>

**Table 2. Steps for calculating compliance with the CACFP sugar limit for yogurt**

1. List the grams (g) of sugar per serving from the Nutrition Facts label.	<b>A</b>	13	grams of sugar
2. List the serving size in ounces (oz) from the Nutrition Facts label.	<b>B</b>	5.3	serving size (ounces)
3. Calculate the grams of sugars per ounce (Divide A by B).	<b>C</b>	2.45	grams of sugars per ounce
4. Is C equal to or less than 3.83? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If “yes,” the product meets the CACFP sugar limit.			

The CSDE encourages menu planners to read labels and choose products that are lower in added sugars and do not contain nonnutritive sweeteners (such as aspartame, acesulfame potassium, sucralose, and stevia) or sugar alcohols. These products are often labeled as “light” or “lite.”

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## Fruits in Yogurt

Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait.

## Yogurt in Smoothies

Yogurt and soy yogurt that meet the CACFP sugar limit may credit as the meat/meat alternates component when served in smoothies. To credit smoothies made from scratch, CACFP facilities must have a standardized recipe that documents the amount of yogurt per serving. For example, to credit a smoothie as 1 ounce of the meat/meat alternates component, the CACFP facility's recipe must indicate that each serving contains  $\frac{1}{2}$  cup of yogurt. For information on standardized recipes, visit the "[Crediting Foods Made from Scratch in CACFP Child Care Programs](#)" or "[Crediting Foods Made from Scratch in CACFP Adult Day Care Centers](#)" sections of the CSDE's CACFP webpages.

To credit yogurt in commercial smoothies, CACFP facilities must obtain a Child Nutrition (CN) label or product formulation statement (PFS) stating the total weight of meat/meat alternates contained in one serving of the product. Commercial smoothies cannot credit as the meat/meat alternates component without a CN label or PFS.



For information on CN labels and PFS forms, refer to the CSDE's resources, [Using Product Formulation Statements in the CACFP](#), [Using Child Nutrition \(CN\) Labels in the CACFP](#), and [Accepting Processed Product Documentation in the CACFP](#), and the USDA's [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). For additional guidance, visit the "[Crediting Commercial Processed Products in CACFP Child Care Programs](#)" or "[Crediting Commercial Processed Products in CACFP Adult Day Care Centers](#)" sections of the CSDE's CACFP webpage.

The addition of yogurt to a smoothie is not a substitution for fluid milk in the CACFP meal patterns for children. Fluid milk must be offered in all meals to meet the milk component requirement. For the **CACFP adult meal patterns only**,  $\frac{3}{4}$  cup of yogurt (6 ounces weight) that meets the CACFP sugar limit may substitute for 8 fluid ounces of milk at one meal per day.

For more information on smoothies, refer to the CSDE's resource, [Crediting Smoothies in the CACFP](#).

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## Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in the CACFP meal patterns. The FDA's definition and standard of identity requires that yogurt must be "coagulated," not liquid. The FDA does not have a standard of identity for frozen yogurt. Homemade yogurt does not credit for food safety reasons. Yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not meet the FDA's definition and standard of identity for yogurt, and do not credit in the CACFP meal patterns.

## Crediting Yogurt in the CACFP Infant Meal Patterns

The CACFP infant meal pattern for birth through 11 months has different crediting requirements for yogurt. For developmentally ready infants (typically ages 6-11 months), low-fat, reduced-fat, and whole milk yogurt that meets the sugar limit credits at breakfast, lunch, and supper in the CACFP infant meal patterns. Yogurt does not credit at snack. Yogurt with added fruit (either blended or on the bottom) credits if it meets the sugar limit.

Soy yogurt does not credit in the CACFP infant meal patterns. Other noncreditable yogurt products include frozen yogurt, drinkable or liquid yogurt products, yogurt smoothies, homemade yogurt, yogurt flavored products, yogurt bars, and freeze-dried yogurt snacks. For guidance on crediting foods in the CACFP infant meal patterns, visit the CSDE's [Feeding Infants in CACFP Child Care Programs](#) webpage.



# Crediting Yogurt in the Child and Adult Care Food Program

## Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting\\_Processed\\_Product\\_Documentation\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting_Processed_Product_Documentation_CACFP.pdf)

Calculating Sugar Limits for Yogurt in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-yogurt-cacfp>

Choose Yogurts that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs>

Crediting Smoothies in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Smoothies\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Smoothies_CACFP.pdf)

Feeding Infants in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Feeding-Infants-in-CACFP-Child-Care-Programs>

Feeding Infants in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Meat/Meat Alternates Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#MMA>

Meat/Meat Alternates Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA>

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Meats-Meat\\_Alternates\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf)

## Crediting Yogurt in the Child and Adult Care Food Program

Resources for the CACFP Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources\\_CACFP\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Patterns.pdf)

Serving Meat and Meat Alternates at Breakfast – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast>

Standardized Recipe Form for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Standardized\\_Recipe\\_Form\\_CACFP.docx](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Standardized_Recipe_Form_CACFP.docx)

Standardized Recipes in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#StandardizedRecipes>

Standardized Recipes in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#StandardizedRecipes>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturePFStipsheet.pdf>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP:

<http://www.fns.usda.gov/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

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For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP\\_Credit\\_Yogurt.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Credit_Yogurt.pdf).

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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